
100m	Tony Rawlinson	25.10 secs	12/08/06 Oxford
400m	Tony Rawlinson	3:14.14 secs	12/08/06 Oxford
High Jump	Tony Rawlinson	0.86m	12/08/06 Oxford
Long Jump	Tony Rawlinson	2.00m	12/08/06 Oxford
Shot Putt	Tony Rawlinson	5.20m	11/06/06 Milton Keynes
Discus	Tony Rawlinson	12.76m	11/06/06 Milton Keynes
Javelin	Tony Rawlinson	10.88m	13/08/06 Oxford
Decathlon	Tony Rawlinson	3134 points	13/08/06 Oxford
